



APPLE DIARIES

Simple Recipe Starter Guide

Raw, dehydrator and transitional plant-exclusive recipes for wherever you are beginning.



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AppleDiaries.com

Welcome

A versatile place to begin

Thank you for taking this step toward healthier living. I know that changing familiar eating habits can feel overwhelming, especially when unhealthy choices are available everywhere and healthier choices often require more planning. My own journey taught me that you do not have to approach every change at once.

We live in a world where it is easy to remain unhealthy because fast food is available at every turn. To be healthy in today's world, we often have to make choices that differ from what everyone around us is doing. That is where this recipe guide can help.

This guide is designed to meet you where you are. It includes simple raw recipes, dehydrator recipes and transitional cooked plant-exclusive recipes. Begin with the options that feel manageable, prepare ahead when you can and allow each healthier choice to build upon the last.

Every positive step matters. When we care for our own health, we become better able to care for our families, our communities and the world around us. I hope these recipes help make your next step feel practical, enjoyable and possible.

Apple Diaries approach

Natural Hygiene-inspired recipes emphasize simple whole plant foods. Herbs, spices and transitional ingredients are clearly marked as optional so you can simplify a recipe to suit your own approach.

“Understanding our species helps clarify what we should eat for optimal health.”

— **Maria Manazza**

Inside the guide

Thirty-five recipes organized into five practical collections.

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RECIPE COLLECTION

1. Raw Vegan Desserts — No Dehydrator Required

6 recipes

01

Coconut Lime & Berry Cheesecakes

Credit: Bec Bec.

INGREDIENTS

- ½ cup pumpkin seeds
- ½ cup soft Medjool dates, pitted
- ½ cup natural sultanas
- ½ cup shredded raw coconut
- 2 cups raw cashews, soaked overnight
- 1 cup light coconut milk
- 1 cup soft Medjool dates, pitted
- Juice of 3 limes
- Zest of 1 lime

METHOD

For the crust, process pumpkin seeds, dates, sultanas and coconut until sticky; press into silicone moulds and freeze. For the filling, blend cashews, coconut milk, dates, lime juice and zest until smooth. Pour over bases and freeze until set.

02

Healthy Raw Chia “No-Chocolate” Pudding

INGREDIENTS

- 2 ripe bananas
- 2 tbsp chia seeds
- 1–2 tbsp carob powder

METHOD

Mash or blend bananas until creamy. Stir in chia and carob. Let stand 15–20 minutes, or refrigerate longer for a thicker pudding.

Uses carob rather than cacao/chocolate.

03

Raw Carob Ice Cream Sandwiches

INGREDIENTS

- 4 soft Medjool dates
- 2 tbsp raisins
- 1 tbsp carob powder
- 2 tbsp dehydrated apple powder (or extra raisins)
- 2 frozen bananas
- ½ tsp vanilla powder (optional)
- Splash of orange juice or water only if needed

METHOD

Blend the first four ingredients into a sticky cookie dough; divide and press into two thin rounds. Chill. Blend frozen bananas with optional vanilla and minimal liquid into nice cream. Sandwich between cookie rounds and freeze 20–30 minutes until firm.

For a stricter Natural Hygiene version, omit vanilla.

04

Raw Vegan Lemon Cheesecake

INGREDIENTS

- 1 cup raw walnuts
- 1 cup pitted Medjool dates
- 2 cups raw cashews, soaked about 12 hours and drained
- Thick coconut cream from the tops of 2 refrigerated cans full-fat coconut milk
- Juice of 2 lemons
- 5 soaked Medjool dates, pitted

METHOD

Process walnuts and dates and press into a springform pan. Blend filling ingredients until completely smooth. Pour over crust and freeze until firm; soften slightly before slicing.

05

Maria's Raw Persimmon Pumpkin Pie

INGREDIENTS

- 1 cup raw pecans
- 1 cup soft Medjool dates, pitted
- 4 very ripe persimmons
- ½ cup soft Medjool dates, pitted

METHOD

Process pecans and 1 cup dates until sticky and press into a small pie dish or springform pan. Blend persimmons with ½ cup dates until smooth, pour over crust, then chill several hours or freeze for firmer slices.

Measurements are approximate and forgiving. This is a persimmon-based pumpkin-pie-style dessert.

06

Raw Blueberry Chia Pie

INGREDIENTS

- 1½ cups raw almonds, crushed
- ¼ cup soft Medjool dates
- 2 tbsp maple syrup (optional; may be omitted)
- 1½ cups blueberries
- 1 cup homemade nut milk or coconut milk
- ¼ cup chia seeds
- ¼ cup maple syrup (optional; dates may be used instead)
- 1 tbsp fresh lemon juice

METHOD

Process crust ingredients and press into a 9-inch springform pan; chill. Blend blueberries, milk, optional sweetener and lemon. Stir in chia and rest 5–10 minutes, stirring occasionally. Pour over crust and refrigerate at least 4 hours or overnight.

Natural Hygiene option: use unsweetened homemade nut milk and omit maple syrup, using ripe fruit/dates if extra sweetness is desired.

RECIPE COLLECTION

2. Raw Vegan Savoury — No Dehydrator Required

8 recipes

07

Raw Carrot Sushi “Rice” / Carrot Hummus

INGREDIENTS

- 2 medium carrots, roughly chopped
- ½ red or orange bell pepper
- 3–4 sun-dried tomatoes
- 1 soft Medjool date
- 1 tbsp ground flaxseed
- 1 tbsp tahini
- Juice of ½ lemon
- ¼ tsp cumin (optional)
- 1–3 tbsp water only as needed

METHOD

For sushi rice, process until finely chopped and combined but keep thick and textured. Use in place of rice in nori rolls, then add raw vegetables and roll. For carrot hummus, blend longer and add a little water until smooth and creamy.

Measurements are approximate. Cumin may be omitted for a stricter Natural Hygiene version.

08

Raw Vegan Alfredo

INGREDIENTS

- 1 cup raw cashews, soaked
- 1 zucchini, peeled
- Juice of 1 lemon
- Onion powder to taste (optional)
- 1 tbsp nutritional yeast (transitional)
- Splash of water as needed
- Dash of coconut aminos (transitional)
- Fresh parsley (optional)
- Black pepper (optional)
- Spiralized zucchini and/or cucumber for noodles

METHOD

Blend sauce ingredients until smooth and creamy, adding only enough water for the desired consistency. Toss with spiralized vegetables.

Garlic intentionally omitted. Nutritional yeast/coconut aminos are transitional; omit them and optional seasonings for a simpler version.

09

Creamy Raw Hemp & Cashew Alfredo

INGREDIENTS

- ¼ cup raw cashews, soaked
- ¼ cup hemp seeds
- Juice of ½–1 lemon
- ¼ cup nutritional yeast (transitional option)
- Black pepper to taste (optional)
- ¼–½ cup water as needed

METHOD

Blend until smooth and creamy, gradually adding water. Serve over spiralized zucchini or other raw vegetables.

Natural Hygiene version: omit nutritional yeast and black pepper. Keep nutritional yeast only as a transitional option.

10

Gosia's Raw Hummus

Credit: Gosia.

INGREDIENTS

- 2 cups chickpeas, soaked then frozen and thawed
- ½ cup tahini
- 1 tbsp liquid aminos
- ¼ cup fresh lime juice
- 1 tbsp cumin (optional)
- 1 tbsp date paste
- 1 tsp dried onion flakes or onion granules (optional)

METHOD

Soak chickpeas for 3 days, changing the water 2–3 times daily; drain and freeze. Thaw 2 cups. Blend with remaining ingredients using a hand blender until smooth.

Freezing and thawing softens the soaked chickpeas and reduces the starchy taste. For a simpler version, omit liquid aminos, cumin and dried onion.

11

Sunflower Seed Cheese Board

INGREDIENTS

- 1 cup raw sunflower seeds, soaked 4–6 hours and drained
- 2 tbsp fresh lemon juice
- 1 tbsp liquid aminos (optional/transitional)
- 2–4 tbsp water as needed

METHOD

Process until combined but slightly coarse. Add water gradually so the mixture stays thick enough to mould. Press into a small bowl or mould and turn out onto a plate. Serve with salad, vegetables or crackers.

For a simpler Natural Hygiene version, omit liquid aminos.

12

Maria's Raw Falafel — Simple Version

INGREDIENTS

- 1 cup raw sunflower seeds, soaked and drained
- 1 medium carrot, chopped
- ½–1 tsp dehydrated onion powder (optional)

METHOD

Process until finely chopped and able to hold together. Form into small balls or patties. Eat fresh or dehydrate for a firmer exterior.

This is Maria's simpler, less heavily seasoned version.

13

Maria's Raw Falafel — Slightly More Seasoned Variation

INGREDIENTS

- 2 large carrots
- ¾ cup raw sunflower seeds
- ½ cup fresh cilantro (optional)
- Juice of 1 lime
- ½ tsp coriander seeds or ground coriander (optional)
- ½ tsp cumin (optional)
- Green onion to taste (optional)

METHOD

Process until finely chopped and able to hold together. Form into balls or patties. Enjoy fresh or dehydrate for a firmer texture.

This is Maria's slightly more seasoned falafel variation.

Raw Cauliflower “Mashed Potatoes”

INGREDIENTS

- About 6 cups cauliflower florets
- 4½ tbsp fresh lemon juice
- 1 small avocado
- 1 tbsp garlic powder (optional)
- 2 tbsp fresh rosemary (optional)
- 3 tbsp dulse (optional)
- 1 tbsp smoked paprika (optional)

METHOD

Process cauliflower until finely broken down. Add avocado and lemon and blend/process until creamy and mash-like. Add optional seasonings if desired.

Natural Hygiene version: cauliflower, avocado and lemon only.

RECIPE COLLECTION

3. Dressings, Pestos & Sauces

5 recipes

15 Maria's Simple Raw Pesto

INGREDIENTS

- 2 packed cups fresh spinach
- ½ cup raw pecans
- ¼ avocado
- 1–2 tbsp fresh lemon juice
- 1–3 tbsp water as needed

METHOD

Process until creamy but still slightly textured, adding only enough water for the desired consistency. Use on zucchini noodles, raw pizza, wraps, salads or vegetables.

Measurements are approximate.

16 Creamy Avocado-Basil Sauce for Zoodles

INGREDIENTS

- 1 medium zucchini, chopped
- 1 ripe avocado
- 2 Medjool dates
- ½–1 cup fresh basil (optional)

METHOD

Blend until smooth and creamy. Add a tiny amount of water only if needed. Toss with spiralized zucchini noodles or use as a creamy salad dressing.

For a simpler version, basil may be omitted.

17 Simple Raw Marinara

INGREDIENTS

- 3 cups Roma tomatoes, chopped
- ½ cup sun-dried tomatoes
- 3 Medjool dates, pitted
- 1 stalk celery, chopped

METHOD

Blend until smooth and thick, or pulse for more texture.

Very versatile: use over salads, zucchini noodles, raw pizza, cooked vegan pizza, wraps, vegetables or as a dipping sauce. Four simple whole-food ingredients with no added oil or salt.

18 Simple Raw Tomato Pizza Sauce

INGREDIENTS

- 4 ripe vine tomatoes
- 2–3 Medjool dates
- ¼ cup sun-dried tomatoes

METHOD

Blend until smooth and thick. Use on any raw pizza crust or as another simple tomato sauce.

Asian Peanut Dressing

INGREDIENTS

- 1 cup sunflower seeds, soaked
- 2 tbsp peanut butter
- 2 tbsp apple cider vinegar (optional/transitional)
- 1 tbsp coconut aminos (transitional)
- 1 tbsp miso (transitional)
- 1 tsp maple syrup or date paste
- 2 Medjool dates
- Pinch chilli flakes (optional)
- Onion powder to taste (optional)
- Small piece fresh ginger (optional)
- Black pepper (optional)
- Water as needed

METHOD

Blend until smooth and creamy, gradually adding water.
Serve over a colourful salad.

For a simpler Natural Hygiene version, omit vinegar, coconut aminos, miso, chilli, onion, ginger and pepper; use dates/date paste rather than maple syrup.

RECIPE COLLECTION

4. Dehydrator Recipes

11 recipes

20

Raw Walnut & Raisin Banana Bread

Credit: Suzanne.

INGREDIENTS

- 5–6 large very ripe bananas
- 1 packed cup Medjool dates, soaked until soft
- 1 cup raw walnuts, finely chopped
- ½ cup raw flaxseed meal
- ½ cup raisins
- Tiny splash vanilla (optional)
- Small pinch cinnamon (optional)

METHOD

Drain dates, reserving a little soaking water, and process into a thick paste. Mash bananas and stir in date paste. Fold in walnuts, flax and raisins. Rest 5 minutes. Spread about 1 inch thick on a silicone sheet. Dehydrate at 115°F about 5½ hours, flip and remove sheet, then continue until firm outside but moist inside; about 15 hours total, depending on texture and your dehydrator.

Maria has also tried this recipe with pecans and believes it is even better. For a stricter Natural Hygiene version, omit vanilla and cinnamon.

21

Raw Vegan Pizza Crust — Mango, Flax & Sesame

INGREDIENTS

- 1 cup ground flaxseed
- ½ cup sesame seeds
- ½–¾ cup ripe mango, blended
- ¼–½ cup water as needed

METHOD

Mix flax and sesame, stir in mango, then add water gradually to make a thick spreadable dough. Rest about 10 minutes. Spread about ¼ inch thick. Dehydrate at 115°F for about 4–6 hours, flip, then another 3–5 hours until firm but slightly flexible. Top with raw tomato sauce and vegetables.

22

Raw Almond & Flax Pizza Crust

INGREDIENTS

- 2 cups raw almonds
- 1 cup ground flaxseed
- 1 cup water
- Dried basil, thyme, rosemary or oregano (optional)
- Sun-dried tomatoes (optional)

METHOD

Grind almonds into flour, combine with flax and water, and add optional flavourings. Shape into about eight 4-inch crusts or 1–2 larger crusts, about ¼ inch thick or slightly thinner. Dehydrate at 105°F for 7–10 hours until firm.

For a stricter Natural Hygiene version, omit optional herbs/seasonings.

23

Raw Zucchini, Sunflower & Hemp Pizza Crust

INGREDIENTS

- 2 zucchini, chopped
- 1 cup raw sunflower seeds
- 1 red bell pepper
- ¼ cup hemp seeds
- ¼ cup sun-dried tomatoes
- 1 tbsp fresh lemon juice
- ¼ cup ground flaxseed

METHOD

Process until a thick spreadable dough forms. Spread about ¼ inch thick on a dehydrator sheet. dehydrate around 105°F for approximately 7–10 hours, flipping partway through, until firm but not overly crisp.

24

Low-Fat Tomato Basil Wraps

INGREDIENTS

- 2 medium zucchini
- 2 medium tomatoes
- 2 tbsp sun-dried tomatoes
- 1–2 tsp dried basil (optional)
- 1–2 tsp dried oregano (optional)
- 3 tbsp ground golden flaxseed

METHOD

Blend until smooth. Spread thinly on dehydrator sheets. Dehydrate approximately 8–12 hours, flipping after about 4–5 hours onto parchment paper, until dry but still flexible.

For a stricter Natural Hygiene version, omit basil and oregano.

25

Mediterranean Cherry Tomato, Sun-Dried Tomato & Zucchini Wraps

INGREDIENTS

- 1 cup flaxseed meal
- 1 cup cherry tomatoes
- ½ cup soaked sun-dried tomatoes
- 1 zucchini, grated
- Juice of 1 lemon

METHOD

Blend tomatoes, sun-dried tomatoes, zucchini and lemon for about 1 minute. Add flax meal and blend another minute. The mixture will be very thick; do not add water. Spread on silicone mats and dehydrate at 37°C (99°F) for about 5½ hours, flipping partway through, until flexible.

26

Gosia's Fat-Free Apple & Zucchini Wraps

Recipe shared by Gosia.

INGREDIENTS

- 400 g zucchini (courgette), peeled
- 400 g apples, peeled and cored
- 2 tbsp psyllium husk
- Optional filling: thin date paste, iceberg lettuce, 2 sliced apples, raisins, fresh lime juice

METHOD

Blend zucchini and apples until smooth. Add psyllium and blend briefly. Spread thinly on silicone sheets and dehydrate on low for roughly 16–24 hours until dry but flexible. For Gosia's filling, spread a little date paste, add lettuce and sliced apple, sprinkle raisins and lime, then roll.

27

Versatile Raw Veggie Burgers

INGREDIENTS

- 1 cup raw sunflower seeds
- ½ cup raw sesame seeds
- ½ cup sun-dried tomatoes
- 2 tbsp ground flaxseed
- 1 zucchini
- ¼ onion (optional)
- 1 red bell pepper
- 1 large beefsteak tomato
- 1 tsp smoked paprika (optional)

METHOD

Process until well combined but slightly textured. Form into patties and eat fresh or dehydrate to firm. Alternatively crumble over salad or use as the savoury filling for romaine lettuce boats.

For a simpler Natural Hygiene version, omit onion and smoked paprika.

28

Savoury Raw Seed Bread

INGREDIENTS

- 1 cup ground flaxseed
- 1 cup raw sunflower seeds
- 1 large zucchini or 2 small zucchini
- Small amount green onion (optional)
- 1 tbsp coconut aminos (optional/transitional)
- Water only if needed

METHOD

Grind/process sunflower seeds, then add zucchini, flax and optional ingredients to form a thick spreadable dough. Spread $\frac{1}{4}$ – $\frac{1}{2}$ inch thick and score. Dehydrate at 115°F about 5–6 hours, flip, then another 5–8 hours or until firm outside with desired softness inside.

Can be sandwich bread, open-faced bread or dehydrated longer/thinner as crackers. Omit green onion and coconut aminos for the simplest version.

29

Versatile Raw Corn Chips, Wraps & Salad Crunch

INGREDIENTS

- 2 cups fresh or frozen corn, thawed
- 1 yellow bell pepper
- 1 cup flaxseeds
- Juice of 1–2 limes
- 1–2 Medjool dates
- 1 tsp white miso (optional/transitional)

METHOD

Blend until smooth. For chips, spread about $\frac{1}{4}$ inch thick, score, dehydrate about 12 hours, flip and continue 4–5 hours until crisp. For wraps, spread larger thin rounds and stop while still flexible. For salad crunch, make the crisp version and crumble over salads.

Natural Hygiene option: omit miso.

Raw Carob Donuts with Carob Cashew Icing

INGREDIENTS

- DONUTS: 4 cups raw sweet potato, peeled and chopped small
- 1 cup Medjool dates, presoaked
- $\frac{3}{4}$ cup carob powder
- 4 tbsp chia seeds
- 1 cup water
- ICING: 1 cup raw cashews, soaked and drained
- $\frac{1}{2}$ cup Medjool dates, soaked
- $\frac{1}{4}$ cup carob powder
- Reserved date-soaking water as needed

METHOD

Blend sweet potato, dates and water until smooth; add carob and blend. Add chia last and blend only about 2 seconds. Press into silicone donut moulds. Dehydrate at 115°F for 8–9 hours, unmould and flip, then dehydrate another 8–9 hours. For icing, blend cashews, dates and carob, adding date water a tablespoon at a time. Refrigerate icing overnight to thicken, then spread over cooled donuts.

RECIPE COLLECTION

5. Transitional Cooked Vegan Recipes

5 recipes

31

Vegan Sweet Potato Brownies

INGREDIENTS

- 1 cup cooked mashed sweet potato
- ¼ cup carob powder
- ½ cup nut butter
- ¼ cup maple syrup

METHOD

Blend/mix until smooth, spread in a small lined baking dish and bake at 350°F for approximately 12–15 minutes. Cool before slicing.

This transitional cooked vegan recipe uses carob instead of cocoa.

32

Transitional Vegan Cheese — Get Off Cow's Milk!

INGREDIENTS

- 1 cooked potato
- ½ cup starchy potato cooking water
- 3 tbsp nutritional yeast
- 2 tbsp tapioca starch
- 3 tbsp coconut oil
- 1 tbsp mustard
- 1 tbsp lemon juice (or pickle juice)
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 habanero pepper (optional)
- 1½ tsp salt (optional)

METHOD

Blend until completely smooth. Transfer to a saucepan and gently heat, stirring continuously, until thick and stretchy. Add a little extra potato water if needed.

This is a transitional recipe rather than a strict Natural Hygiene recipe. It offers a plant-exclusive alternative to cow's-milk cheese.

33

Cabbage Pizza

INGREDIENTS

- 1 large head cabbage, sliced into about 4 thick steaks
- ½–1 cup tomato or pizza sauce
- 1–2 tomatoes, sliced
- ½ cup pineapple pieces
- ¼–½ cup sliced olives (optional)
- 1 cup vegan shredded cheese (optional/transitional)
- Smoked paprika (optional)
- Black pepper (optional)

METHOD

Bake cabbage rounds on parchment at 400°F (205°C) for about 15 minutes. Top with sauce, tomatoes, pineapple, olives and optional vegan cheese. Bake another 10–15 minutes until cabbage is tender and toppings are hot.

Oil and garlic intentionally removed. For a simpler version, omit vegan cheese and seasonings.

34

3-Ingredient Peanut Butter Cookies — Double Batch

INGREDIENTS

- 2 cups almond flour
- 1 cup peanut butter
- $\frac{2}{3}$ cup maple syrup

METHOD

Mix into a soft dough. Roll into balls, place on parchment and flatten with a fork in a criss-cross pattern. Bake at 350°F (175°C) for 10–15 minutes. Cool before moving; they firm as they cool.

35

5-Ingredient Breakfast Bars

INGREDIENTS

- 1 cup soft Medjool dates, pitted
- $\frac{1}{2}$ cup natural peanut butter
- $1\frac{1}{2}$ cups rolled oats
- $\frac{1}{2}$ cup raw almonds, roughly chopped
- $\frac{1}{4}$ cup sesame seeds

METHOD

Blend dates and peanut butter until sticky. Mix in oats, almonds and sesame seeds. Press firmly into a parchment-lined baking dish or form bars. Bake at 350°F (175°C) for about 10 minutes. Cool completely before slicing.

Keep exploring with Apple Diaries

Use these recipes as a flexible starting point. Choose what suits where you are today, simplify ingredients when you wish, and return to the guide whenever you need a practical idea.

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Explore Maria's books, Natural Hygiene viewpoint, practical healthy-living resources and consultation information.

“Understanding our species helps clarify what we should eat for optimal health.”

— **Maria Manazza**

General information

This guide shares Maria Manazza's personal experience and the Apple Diaries Natural Hygiene viewpoint for general educational purposes. It is not medical advice and does not diagnose, treat or cure any condition. Consult a qualified health professional for advice suited to your circumstances.

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